

High Calorie Recipes

For People with Cystic Fibrosis



Cystic
Fibrosis
Ireland 



HIGH CALORIE RECIPES FOR PEOPLE WITH CYSTIC FIBROSIS

RECIPES	PAGE
PASTA, PESTO & CHORIZO	3
CREAMY FISH PIE	4
CHEESY TUNA MELTS	5
CAMEMBERT PARCELS SERVED WITH SALAD AND CRANBERRY DIP	6
CHICKEN KORMA	7
HOMEMADE BACON CHEESEBURGER & CHIPS	9
CHICKEN NACHO GRILLS	10
GRILLED BULLSEYE	11
GRILLED CHOCOLATE SPREAD AND BANANA SANDWICH	12
CHOCOLATE BISCUIT CAKE	13
WICKED, NO WHISK ICE CREAM	14
TOBLERONE CHEESECAKE	15
STICKY TOFFEE PUDDING	16
ETON MESS	17
LEMON YOGHURT FOOL	19
HIGH ENERGY DRINKS	20
CALORIE BOOSTERS TO ADD TO FOODS	25
FOR MORE INFORMATION	26
NOTES	27

This recipe booklet contains recipes that are high in both energy and fat and are thus designed to promote weight gain in individuals with Cystic Fibrosis (CF). If you currently have an ideal body weight through your current dietary intake it may not be necessary for you to consume these recipes as it may result in excess weight gain. If you've any concerns regarding this please consult with your CF dietitian.

PASTA, PESTO & CHORIZO

SERVES 2



Ingredients

- 230g Pasta twists
- 50g Red pesto
- 30g Cheese (cheddar/Parmesan)
- 75g Cherry tomatoes
- 30g Chorizo sausage
- Handful of rocket

Directions

1. Boil the pasta in water with a couple of drops of vegetable oil and dash of salt.
2. Slice the chorizo and fry for a couple of minutes on the pan.
3. Once the pasta is cooked, drain off the water and stir in the red pesto and chorizo.
4. Stir in the chopped cherry tomatoes.
5. Mix in some rocket.
6. Sprinkle some grated cheese on top and serve!

Nutritional Content:

- Energy: 1453 kcals
- Total weight 830g
- Protein: 65.6g
- Fat: 90.5g
- Carbohydrate: 99.6g
- Sodium: 1743mg

CREAMY FISH PIE

SERVES 4

Ingredients

- 600g Potatoes, peeled and cut into cubes
- 1 tbsp Olive oil
- 1 Onion, finely chopped
- 1 tsp Dried mixed herbs (or fresh if available)
- 400g Fish pie mix, any bones removed
- 150g Frozen peas
- 200g Cream cheese
- 75ml Milk (approx.)
- 100ml Crème Fraîche
- 20g Cheddar cheese, finely grated

Directions

1. Preheat oven to 200°C/400°F/gas6.
2. Peel and cube the potatoes and cook in boiling salted water until soft.
3. Drain, and mash until smooth, adding the cheeses and salt and pepper to taste, cover and leave to one side.
4. Place the fish in a large enough pan and cover with enough milk and poach the fish for 5 mins, until the flesh becomes opaque, and flakes easily.
5. Remove the fish from the pan, and when cool enough to handle, break the fish up into nice sized chunks and put in the bottom of a baking dish.
6. Add 150g frozen peas and herbs.
7. Add the cream cheese and stir over the heat until the cream cheese has melted and heated



- up to almost boiling. Gradually add the milk and crème fraîche to give a nice creamy sauce.
8. Season to taste.
9. Lay the mashed potato on top of the fish and sauce.
10. Add grated cheese on top.
11. Bake in the oven for 25-30 mins, until the top is golden brown and crispy.

Nutritional Content:

- Energy: 830 kcal
- Protein: 30.9g
- Carbohydrate: 33.1g
- Fat: 30.8g
- Sodium*: 0.8g
- *Equivalent as Salt 2.0g

CHEESY TUNA MELTS

SERVES 1

Ingredients

- 50g Tuna (tinned)
- 2 Spring onions
- 1 tbsp Mayonnaise
- 1 Slice thick granary bread
- 15g Cheddar cheese
- Small pinch paprika
- Salt and pepper

Directions

1. Pre-heat the grill on a high setting.
2. Drain the tuna, flake it into a bowl and mix with chopped spring onions and mayonnaise.
3. Season with salt and ground black pepper.
4. Toast the bread under the grill until it's nicely browned on both sides, then spread the tuna mixture on top, right up to the edges of the toast.
5. Scatter over the cheese and put back under the grill until the cheese is bubbling.
6. Take bread out of the grill and sprinkle with paprika.
7. Serve.



Nutritional Content:
(per serving)

Energy: 319kcal
Protein: 19g
Fat: 17g
Carbohydrate: 21g

CAMEMBERT PARCELS SERVED WITH SALAD AND CRANBERRY DIP

SERVES 1

Adapted from Jamie Oliver's 15 min meals

Ingredients

Camembert Parcels

- 200g Camembert cheese
- 100g Shelled walnuts
- 1 Bunch of fresh chives
- 1 Lemon
- 4 Large sheets of filo pastry (frozen)
- 1 tsp Olive oil

Salad

- 1 Pomegranate
- 2 tbsps Balsamic vinegar
- 2 tbsps Extra virgin olive oil
- 1 Eating apple
- Some green salad leaves

Directions

1. Tear the Camembert into the processor with the walnuts and half the chives. Finely grate in the lemon zest and blitz until combined.
2. On a clean surface fold each sheet of pastry in half withways.
3. Roll each sheet of pastry with a quarter of the mixture, rolling it up loosely into a long cigar. Repeat until you have 4 parcels.
4. Rub each with olive oil and put into the frying pan, turning until golden and crispy.



5. Mix the salad and serve along with the cranberry/redcurrant sauce.

6. Serve with some heated cranberry or redcurrant Jelly to dip.

Nutritional Content:
(per serving)

Energy: 580kcal

Protein: 66g

Fat: 13g

Carbohydrate: 23g

CHICKEN KORMA

SERVES 2

Ingredients

4 Skinless chicken breasts (fairly small, boneless)
Freshly ground black pepper
25g/1oz Full-fat natural yoghurt
1 tbsp Sunflower oil
2 Large onions, chopped
4 Garlic cloves, peeled and sliced
20g or 3/4oz Piece fresh root ginger, peeled and finely grated
12 Cardamom pods, seeds crushed
1 tbsp Ground cumin
1 tbsp Ground coriander
1/2 Heaped tsp ground turmeric
1/4 tsp Hot chilli powder
1 Bay leaf
4 Whole cloves
1 tbsp Plain flour
Small pinch saffron
2 tsp Caster sugar
1/2 tsp Fine sea salt, plus extra to season
6 tbsp Double cream
Fresh coriander, roughly torn, to garnish (optional)

Directions

1. Cut each chicken breast into eight or nine bite-sized pieces, season with black pepper and put them in a non-metallic bowl. Stir in the yoghurt, cover with cling film and chill for a minimum of 30 mins but ideally a couple of hours/overnight.
2. Heat the oil in a large, non-stick saucepan and add the onions, garlic and ginger. Cover and cook over a low heat for 15 mins until very soft and lightly coloured. Stir the onions occasionally so they don't start to stick.



3. Once the onions are softened, stir in the crushed cardamom seeds, cumin, coriander, turmeric, chilli powder and bay leaf. Don't worry if you don't have bay leaf or saffron — it will taste good without them too! Pinch off the ends of the cloves into the pan and throw away the stalks. Cook the spices with the onions for five minutes, stirring constantly.

4. Stir in the flour, saffron, sugar and $\frac{1}{2}$ teaspoon of salt, then slowly pour 300ml/ $\frac{1}{2}$ pint cold water into the pan, stirring constantly.

5. Bring to a gentle simmer, then cover and cook for 10 minutes, stirring occasionally.

6. Remove the pan from the heat, take out the bay leaf and blend the onion mixture with a stick blender until it is as smooth as possible. You can do this in a food processor if you prefer, but let the mixture cool slightly first.

7. The sauce can now be used right away or cooled, covered and chilled and reheated later.

8. Drain the chicken in a colander over the sink, shaking it a few times — you want the meat to have just a light coating of yoghurt.

9. Place a non-stick frying pan on the heat, add the sauce and bring it to a simmer.

10. Add the chicken pieces and cream and cook for about 10 minutes or until the chicken is tender and cooked through, stirring regularly. Exactly how long the chicken takes will depend on the size of your pieces.

11. Adjust the seasoning to taste, spoon into a warmed serving dish and serve garnished with fresh coriander if you like.

12. Serve with a portion of boiled rice +/- portion of Naan bread (heat in the oven/microwave).

Nutritional Content:

Nutrients	Chicken Korma (~300g portion)	Boiled Rice (120g portion)	Naan bread (160g plain, bought)
Energy	450	166	456
Protein	34.2	3.1	12.5
Carbohydrate	16.8	37.1	80.3
Fat	28.4	1.6	11.7
Fibre	3.5	0.1	4.6

HOMEMADE BACON CHEESEBURGER & CHIPS

SERVES 1

Ingredients

- ~3oz Minced beef
- 40g Onion
- Small amount of egg (beaten)
- Small amount of flour
- Vegetable oil (for frying)
- 2 Rings of pineapple
- 30g Cheddar cheese
- 1 Bacon rasher

Burger bun

- Small amount of Relish
- Frozen chips (~165g portion)
- ~30g Sour cream
- ~20g Sweet chilli sauce

Directions

1. Mix the minced beef and some chopped onion in a bowl.
2. Bind together with small amount of beaten egg and dust with some flour. Make into a burger shape.
3. Fry on pan with small amount of vegetable oil.
4. Fry a portion of chips (~165g) or use oven chips if preferred.
5. Grill the rasher.
6. Toast the burger bun under the grill.
7. Place the burger on the bun and top with grated cheese, rasher, pineapple rings and a dollop of relish or tomato ketchup if preferred.



8. Serve with plate of chips and portion of sour cream and sweet chilli sauce for dipping.

Nutritional Content:

Total weight 498g
1170 kcal
Protein: 52.3g
Fat: 64g
Carbohydrate: 102g
Fibre: 8.5g
Sodium: 2211mg
Potassium: 1912mg

CHICKEN NACHO GRILLS

SERVES 1

Ingredients

- 10g Tortilla crisps
- 1 Large chicken breast
- 30-50g Spicy tomato salsa (depending upon how moist you like it)
- 25ml Sour cream
- Grated cheddar cheese
- Salt and pepper

Directions

1. Heat oven to 200°C/fan 180°C/gas 6.
2. Crush the tortilla chips.
3. Put the chicken breasts on a non-stick baking tray, season, score the chicken breast 3 times with a knife.
4. Spoon salsa on top of each, then the soured cream.
5. Sprinkle the tortilla crisps over the chicken, then the cheese.
6. Roast for 15-20 mins until the topping is golden and melting.

Nutritional Content:
(per serving)

- Energy: 580kcal
- Protein: 66g
- Fat: 13g
- Carbohydrate: 23g



GRILLED BULLSEYE

SERVES 1

Ingredients

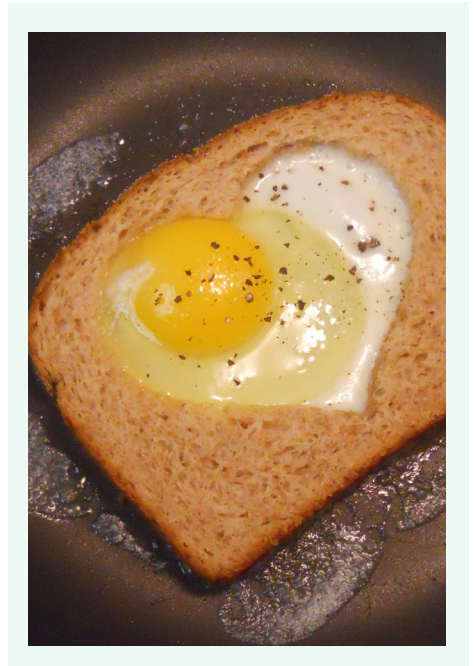
- 2 Slices of thick sliced bread
- 30g Butter
- 2 Eggs
- 2 Slices of cheddar cheese

Directions

1. Cut a hole in the centre of each slice of bread using a glass.
2. Add the 30g of butter to frying pan.
3. Place both slices of bread on the pan.
4. Crack each egg and drop one into each hole in the centre of the bread.
5. Cook egg to your liking and take the 2 slices of bread off the pan and let cool.
6. Put a cheese slice on top of each slice of bread.
7. Place in microwave for 30 seconds or under grill to melt cheese.

Nutritional Content:
(per slice)

- Energy: 305kcal
- Fat: 25g
- Carbohydrate: 8g
of which sugars: 1g
- Protein: 13g
- Calcium: 200mg
- Iron: 1.5mg



GRILLED CHOCOLATE SPREAD AND BANANA SANDWICH

SERVES 1

Ingredients

- 2 Slices of thick sliced bread
 - 10g Butter
 - 30g Chocolate nut spread
 - 1 Medium banana
-

Directions

1. Butter one side of each slice of bread.
 2. Then spread the chocolate nut spread on each slice of bread.
 3. Add the sliced banana on top of the chocolate nut spread and place under the grill.
 4. Once the sandwich is grilled, put the 2 slices of bread together to made sandwich.
-



Nutritional Content:

Each sandwich will contain the following:

- Calories: 505kcal
- Fat: 20g
- Carbohydrate: 75g
(of which sugars): 43g
- Protein: 9g
- Calcium: 177mg
- Iron: 2mg

CHOCOLATE BISCUIT CAKE

SERVES 4



Nutritional Content:

Cut the cake into 10 slices. Each slice will contain:

Energy: 685kcal

Fat: 45g

Carbohydrate: 68g
(of which sugars): 49g

Protein: 6g

Calcium: 120mg

Iron: 2.4mg

Note:

The above slice may be too large for some younger children so half the slice in 2. You can add different fruit (e.g., sultanas, raisins etc.) or nuts (e.g., almonds, brazil nuts etc.).

Ingredients

- 275g/10 oz Butter
- 150ml/ 1/4 pint Golden syrup
- 250g Milk chocolate
- 200g Digestive biscuits
- 200g Rich tea biscuits
- 125g Cherries, glaze
- 125g Walnuts
- 2lb Cake tin
- Greaseproof paper (2 sheets)

Directions

1. Line the cake tin with a double layer of greaseproof paper.
2. Melt the butter, golden syrup and chocolate in a pan over a very low heat. Stir to make sure all the ingredients are well mixed together.
3. In a separate bowl, break all the biscuits and walnuts into chunks. Add in the cherries (halved or quartered).
4. Add the melted chocolate/butter/syrup to the biscuit mix and stir well until mixed.
5. Transfer to prepared tin. Level it on top and press down well to avoid any air gaps.
6. Allow to get cold and hard. Wrap completely in greaseproof paper and store in fridge.

WICKED, NO WHISK ICE CREAM

SERVES 8

Ingredients

400g Blackcurrants
100ml Apple juice
200g Caster sugar
1 pint/568ml Double cream
397g/tin Condensed milk
2 tsp Vanilla extract

Directions

1. Put the blackcurrants and apple juice in a small pan, bring to a simmer and cook for 5 mins.
2. Add the sugar, heat gently until dissolved, then bring to the boil and simmer gently for 3-4 mins to thicken the syrup a little.
3. Cool, then scoop out 3 tbsps of the currant and keep to one side.
4. Purée the rest of the currants and the syrup with a hand blender and rub through a sieve to get rid of the pips.
5. Beat the double cream to soft peaks, then pour in the condensed milk and vanilla extract and whisk again to soft peaks. Pour the mixture into a freezer-proof box, and drizzle over half of the blackcurrant puree.
6. With a rubber spatula or large spoon, stir the mixture once in a figure of eight, just to ripple the puree through. Cover with a lid and freeze for at least 3hrs.
7. To serve, mix the rest of the purée with the saved blackcurrant. Scoop the ice cream into glasses/bowls and spoon over the puree.

Try this recipe with other soft fruits e.g., raspberries, strawberries or blueberries!

Nutritional Content (per serving):

Energy: 638kcal	Saturated fat: 24.5g
Protein: 5.8g	Fibre: 1.8g
Carbohydrate: 60.2g	Salt: 0.23g
Fat: 43.2g	



TOBLERONE CHEESECAKE

SERVES 8-10

Ingredients

Top

- 200g Philadelphia
- 100g Icing sugar
- 500ml Cream
- 6-8 Small Toblerone bars (depending on how much Toblerone you want in it — I usually use 8)

Base

- 175g Digestives
- 75g Butter

Directions

1. Preheat the oven to 180°C/gas 4. Butter the sides and base of a 24cm (9½in) diameter spring-form/loose-bottomed tin.
2. Place the biscuits into a food processor and pulse until the mixture resembles rough breadcrumbs. Alternatively, place them into a plastic bag and bash with a rolling pin.
3. Mix the crushed biscuits with the melted butter and press down into the base of the tin. Leave the base to chill in the fridge.
4. Chop up the Toblerone into small chunks (you can use the blender to do this). It's best not to do them too small.
5. Blend the Philadelphia and icing sugar together to form a paste.
6. Add in the cream — add about 50-100mls at a time and keep beating.



7. Finally add in the chopped Toblerone. Add this in when the mixture is getting to a consistency like thick whipped cream. Don't beat in the Toblerone — just fold it in with a spoon.
8. Pour onto base and leave overnight if possible.

As an alternative try making this cheesecake with Maltesers or Mars bar.

Note: To make this Coeliac Friendly use Gluten-free biscuits for the base, and ensure the chocolate bar is listed in the Coeliac Society Handbook.

Nutritional Content: (per slice)

- Energy: 550-631kcal
- Protein: 8.5-10g
- Carbohydrate: 40.5-50.6g
- Fat: 33.6-42g

STICKY TOFFEE PUDDING

SERVES 8

Ingredients

200g Dried dates, stoned and chopped
250ml Black tea (not too strong)
1/2 tsp Bicarbonate of soda
85g Unsalted butter, softened
175g Self-raising flour
1 tsp Mixed spice
175g Golden caster sugar
2 Eggs, beaten

Toffee Sauce:

100g Light muscovado sugar
100g Unsalted butter
142ml Carton double cream

Directions

1. Heat the oven to 180°C/fan 160°C/gas 4. Put the dates and tea in a saucepan and bring to the boil. Cook for 3-4 mins to soften the dates. Stir in the bicarbonate of soda.
2. Beat the butter and caster sugar together with electric beaters until pale and creamy, then beat in the egg, flour and mixed spice.
3. Fold in the date mixture and pour into a buttered ovenproof dish or brownie tin. Bake for 30-35 mins or until the top is just firm to touch.
4. Meanwhile, make the sauce by putting the sugar, butter and cream in a pan over a low heat and simmer until the sugar has dissolved. Cook until the sauce is a lovely toffee colour.
6. Cut the pudding into squares and serve with the warm sauce and a scoop of vanilla ice cream.



Nutritional Content:

(Per portion/ per 1/8 of recipe)

Calories: 550kcal

Fat: 30g

Protein: 5g

Carbohydrates: 70g

ETON MESS

SERVES 8

Ingredients

Meringue:

3 Large egg whites
150g Caster sugar
1/2 tsp Vanilla extract

Whipped Cream:

240ml Cream
15g Caster Sugar
1/2 tsp Vanilla extract

Strawberries:

500g Strawberries
30g Sugar (or to taste)



Directions

Meringue:

1. Preheat oven to 200°F (105°C) and place the rack in the center of your oven. Line a baking sheet with parchment paper.
2. In the bowl of your electric mixer, with the whisk attachment, beat the egg whites on medium speed until foamy. Add 150g sugar, a little at a time, and continue to beat until the meringue holds very stiff peaks.
3. Beat in the vanilla extract. (Note: The meringue is done when it holds stiff peaks).
4. Then, using two spoons, place 10 equal sized mounds of meringue onto the prepared baking sheet.
5. Bake the meringues for approximately 90 mins. The meringues are done when they are pale in colour and fairly crisp. Leave the meringues to cool.

You can also buy ready made Meringues if you wish to save time!

Whipped Cream:

1. In a large mixing bowl place the whipping cream, 1/2 tsp vanilla extract, and 15g sugar and stir to combine. Beat the mixture until stiff peaks form.
2. If not using right away, cover and place in the refrigerator.

Directions

Meringue:

1. Preheat oven to 200°F (105°C) and place the rack in the centre of your oven. Line a baking sheet with parchment paper.
2. In the bowl of your electric mixer, with the whisk attachment, beat the egg whites on medium speed until foamy. Add 150g sugar, a little at a time, and continue to beat until the meringue holds very stiff peaks.
3. Beat in the vanilla extract. (Note: The meringue is done when it holds stiff peaks).
4. Then, using two spoons, place 10 equal sized mounds of meringue onto the prepared baking sheet.
5. Bake the meringues for approximately 90 mins. The meringues are done when they are pale in colour and fairly crisp. Leave the meringues to cool.

You can also buy ready made Meringues if you wish to save time!

Whipped Cream:

1. In a large mixing bowl place the whipping cream, 1/2 tsp vanilla extract, and 15g sugar and stir to combine. Beat the mixture until stiff peaks form.
2. If not using right away, cover and place in the refrigerator.

Strawberries:

1. Crush about one third of the strawberries with a potato masher or fork.
2. Cut the rest of the strawberries into bite size pieces and place in a large bowl, along with the puréed strawberries.
3. Sprinkle 30g sugar over the strawberries and stir to combine.

You can also use frozen or canned strawberries, raspberries or mixed berries.

Eton Mess:

1. Break five to six meringue cookies (use more or less if you like) into bite size pieces.
2. Then fold the strawberries and meringue cookies into the whipped cream.
3. Place in pretty dessert bowls or glasses. Serve immediately.

Nutritional Content:

<i>Composition</i>	<i>Per portion</i>	<i>In full recipe</i>
Kcal	292	1169
Protein (g)	4.3	17.5
Fat (g)	24	96.7
Carbohydrate (g)	62	246

LEMON YOGHURT FOOL

SERVES 1

Ingredients

75g Lemon curd
125g Greek yogurt
50g Raspberries
1tsp Icing sugar
Shortbread biscuit

Directions

1. Put the lemon curd and yogurt into a bowl.
2. Fold together for a rippled effect.
3. Put the mixture into a serving glass/bowl and chill.
4. Mix raspberries and icing sugar together and gently crush, then spoon with their juices over the chilled mix and serve with shortbread biscuit.



Nutritional Content: (per serving)

Without shortbread:

406kcal
Protein: 7g
Fat: 13g
Carbohydrates: 58g

With 1 shortbread biscuit:

487kcal
Protein: 8g
Fat: 17g
Carbohydrates: 68g

HIGH ENERGY DRINKS

SERVES 1 PER RECIPE



Whole Milk (200ml glass)

Energy: 125kcal
Protein: 6.5g
Carbohydrate: 10g
Fat: 6.5g

Flavoured Milk

Mix 1 tablespoon of milk shake flavouring powder into 200mls whole milk

Nutritional Content:

Energy: 165kcal
Protein: 7g
Carbohydrate: 20g
Fat: 7g

(Average values given. Slight variation between flavours).

Strawberry Smoothie

Ingredients

36g (3 tbsps) strawberry Nesquik or other strawberry milk shake powder
300mls (1/2 pt) Milk
1 scoop (60g) Ice-cream
14g (1 tbsp) Cream

Directions

Put all the ingredients into a blender and liquidise until smooth.

Nutritional Content:

Energy: 181kcal
Protein: 13g
Carbohydrate: 61.4g
Fat: 20.8g

Mixed Fruit Smoothie

Ingredients

1 small Banana
200mls Orange juice
200mls Drinking yoghurt
1 tsp honey

Directions

Blend with ice.

Nutritional Content:

Energy: 295kcal
Protein: 8.2g
Carbohydrate: 68.5g
Fat: 3g

Tropical Fruit Delight

Ingredients

100g (4 oz) Fruit tinned in syrup, for example, 50g peaches and 50g Pineapple
300mls (1/2 pt) Milk
14g (1 tblsp) Cream
12g (2 heaped tsp) Sugar or honey

Directions

Place all ingredients in a liquidiser and blend until smooth.

Nutritional Content:

Energy: 332kcal
Protein: 10.9g
Carbohydrate: 42g
Fat: 14.4g

Lemon Shake

Ingredients

200mls (1/3 pt) Milk
1 scoop (60g) Ice-cream
1 tblsp Cream
20g (1tblsp) Lemon curd

Directions

Put all the ingredients into a blender and liquidise until smooth.

Nutritional Content:

Energy: 322kcal
Protein: 9.3g
Carbohydrate: 34g
Fat: 17.3g

Yoghurt Surprise

Ingredients

100g (2 tblsp) Greek yoghurt
1 ripe Banana
1 scoop (60g) Ice-cream
1 tblsp Cream
20g (1 tblsp) Honey

Directions

Put all the ingredients into a blender and liquidise until smooth.

Nutritional Content:

Energy: 389kcal
Protein: 10.3g
Carbohydrate: 50g
Fat: 18g

Peppermint Dream

Ingredients

36g (3 tbsps) Chocolate Nesquik or other chocolate milk shake powder
300mls (1/2 pt) Milk
1 scoop (60g) Ice-cream
1-2 drops Peppermint essence

Directions

Put all the ingredients into a blender and liquidise until smooth.

Nutritional Content:

Energy: 444kcal
Protein: 12.5g
Carbohydrate: 61g
Fat: 18.2g

Butterscotch Breeze

Ingredients

30g (1/2 sachet) butterscotch Angel Delight/
instant whip
300mls (1/2 pt) Milk
125g Pot toffee yoghurt
14g (1 tbsps) Cream

Directions

Put all the ingredients into a blender and liquidise until smooth.

Nutritional Content:

Energy: 476kcal
Protein: 16.1g
Carbohydrate: 56.7g
Fat: 22g

Iced Coffee

Ingredients

300mls (1/2 pt) Milk
1 scoop (60g) Ice-cream
20g (1 tbsps) Cream
2 tsp Syrup to taste
1 tablespoon Coffee essence

Directions

Put all the ingredients into a blender and liquidise until smooth.

Nutritional Content:

Energy: 361kcal
Protein: 12.6g
Carbohydrate: 34g
Fat: 20.3g

Tutti Frutie

Ingredients

100g (4ozs) Fruit tinned in syrup
300mls (1/2 pt) Fortified milk
1 scoop (60g) Ice-cream
20mls Blackcurrant cordial

Directions

Put all the ingredients into a blender and liquidise until smooth.

Nutritional Content:

Energy: 493kcal
Protein: 21.5g
Carbohydrate: 65.5g
Fat: 17.7g

Tropical Breeze

Ingredients

- 1 scoop (60g) Vanilla ice cream
- 200mls Milk
- 60mls Unsweetened coconut milk
- 1 slice Pineapple
- 1 small Banana
- 1/2 Mango, peeled and chopped
- 4 Strawberries

Directions

Place all ingredients in a liquidiser and blend until smooth.

Nutritional Content:

- Energy: 413kcal
 - Protein: 11.1g
 - Carbohydrate: 63.4g
 - Fat: 14.4g
-

Chunky Monkey

Ingredients

- 2 scoops (120g) Vanilla or banana ice cream
- 2 tblsp Chocolate chips
- 1/2 Banana
- 3 level tsp Coffee (instant)
- 2 tblsp Chocolate flavour syrup
- 200mls Milk
- 1 tsp Vanilla extract

Directions

Place all ingredients in a liquidiser and blend until smooth.





Nutritional Content:

Energy: 538kcal
Protein: 14g
Carbohydrate: 64g
Fat: 26.7g

Strawberry Splurge

Ingredients

240mls Milk
1 scoop (60g) Strawberry ice cream
2 tsp Sugar
1/2 tsp Vanilla extract
20mls Strawberry flavour syrup
1 tblsp Cream

Directions

Place all ingredients in a liquidiser and blend until smooth.

Nutritional Content:

Energy: 239kcal
Protein: 8.7g
Carbohydrate: 28.1g
Fat: 10.8g

Note: To ensure you have no lumps use either a liquidiser, food processor or a hand blender for fruit recipes. Other recipes may mix ok with a hand whisk.

If you find cream too heavy you can leave it out but it will greatly reduce the energy and fat content of your milk shake.

CALORIE BOOSTERS TO ADD TO FOODS

Food & portion	Energy (kcal)	Fat (g)	Carbs (g)	Protein (g)	Suggested Uses
Jam 18g (1 heaped tsp)	48	0	12.4	0	Use on breads, scones, bagels, buns, puddings, ice cream, cereals
Marmalade 1 tsp	28	0	15	0	
Honey 1 tsp	63	0	17	1	
Syrup 1 tsp	14	0	3.5	0	Add to drinks, on baked foods, porridge & ice cream
Mayonnaise (13g) 1tblsp	90	10	0	0	Use in sandwiches, salad dressings, sauces & to make dips.
Salad Cream (13g) 1tblsp	45	4	2.5	0	
Peanut Butter 1 tblsp	95	8	3.5	4	Use on bread, toast, bagels, crackers
Hummus (15g) 1 tblsp	30	1.5	2.8	1	Use on crackers, breads, toast & with salads
Guacamole (1 oz) 2 tblsp	50	4	2	1	Add to sandwiches, salads, wraps, fajitas & on the side of dinners
Vegetable oil 1 tblsp	130	14.5	0	0	Add to soups, stews, meats, gravy, pasta, bread (dip)

FOR MORE INFORMATION

For More Information on Nutrition for People with Cystic Fibrosis:

- Talk to the Dietitian at your CF centre
- Paediatric Nutrition and Cystic Fibrosis (CF Ireland)
- Nutrition for Adolescents and Adults with Cystic Fibrosis (CF Ireland)
- Nutrition for your Baby Information Sheet (CF Ireland)
- CF Chef — Online Nutrition Resource including recipes and meal tips for People with CF: www.chef4cf.com
- Food4Thought — Recipe Books published by TLC4CF
- Dinners to Make Things to Bake published by CF West

NOTES

About Cystic Fibrosis Ireland

Cystic Fibrosis Ireland (CFI) is a registered charity CHY 6350 that was set up by parents in 1963 to improve the treatment and facilities for people with CF in Ireland. It is a national organisation with many Branches around the country.

CFI is committed to working to improve CF services in Ireland and our recent progress includes:

- Lobbying to ensure that the new national adult CF centre in St Vincent's University Hospital was completed
- Providing funding towards new CF Units around the country including Crumlin, Drogheda, Galway, Mayo, Waterford, Beaumont and Limerick Hospitals
- Funding research in Cork University Hospital, St Vincent's University Hospital and University College Dublin
- Campaigning to improve the rate of double lung transplantation in Ireland
- Providing advice, information and advocacy services

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